Hollin Hall Senior Center October 2006

Fairfax County, Community and Recreation Services 1500 Shenandoah Road, Alexandria, VA 22308

Julie Ellis, Director Elaine Throm, Assistant Patti Bruch, Assistant Ann Fulkerson, Assistant And All of Our 120 plus Volunteers!

MONDAY 2		THESDAY 3		WEDNESDAY 4		THURSDAY 5		FRIDAY 6	
MONDA1 2		TCESDAT 3		WEDNESDAT 4		THURSDAT 3		TRIDAT	
9:00 Billiards 9:00 Ceramics 9:00 Exercise w/Carla 9:30 Walking Club 10:00 Sanctioned Bridge 10:00 V.I.P. Group 10:00 Jazzercize Lite 10:00 AARP Board Meeting 10:30 Blood Pressure 10:30 Piano Club 11:00 Low Impact Exercise Noon LUNCH 12:30 Pinochle 1:00 VIP Discussion Group 1:00 Spanish 2 2:00 Spanish, Basic 2:00 Billiards Plus	103 112 213 109	8:10 Intermediate Tai Chi * 9:00 Billiards 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 Exercise w/Rina 10 to 2 Genealogy Library Open 10:00 Touch Toys 10:30 Walking Club Noon LUNCH 12:30 Quilters Club 12:30 Art w/Gloria 1:00 Lighthouses of the Mid-Atlantic 1:00 Chicago Bridge 1:00 Mah Jongg 1:00 Table Tennis 1:00 Tat, Smock, Crochet & Needlework (Kaps for Kids)	216 203 112	9:00 Billiards 9:00 Exercise w/Laura & Judy 9 to Noon Woodcarving *** 9:30 Walking Club 9:30 Shuffleboard**** 9:30 Ikebana 10:00 Canasta 10:00 Exercise w/Gloria 10:00 V.I.P. Group 10:45 Low Impact Exercise 11:00 Exercise w/Carla Noon LUNCH 12:30 Duplicate Bridge 1:00 Learn to Play Chess 1:00 Conversational French 1:00 Stroke Support	112 103 205 112 103 217 203 201 109	8:10 Beginning Tai Chi * 9:00 Billiards 9:00 Beginner Bridge Lab 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 Advisory Council (All Welcome) 10:00 Exercise w/Rina 10 to 2 Genealogy Library Open 10:00 Model Railroad Club 10:30 Walking Club 11:00 Jazzercise Lite Noon LUNCH 12:30 Pinochle 12:30 Line Dance 12:30 Duplicate Bridge 1:00 Chorus 2:00 Drama Club	112 102 217 112 205 218 112 214 213 112 103 213 112 218 205 112	9:00 Exercise w/ Laura & Judy 10:00 Computer Club 10:00 Exercise w/Gloria 10:00 Sudoku 10:00 to 2:00 FASTRAN Trip to Ballston Common Mall ** 11:00 Exercise w/Carla 11:00 Scrabble Group Noon LUNCH 1:00 AARP General Meeting 1:00 Mah Jongg 1:00 Party Bridge 1:00 Table Tennis	109 102 109 112 215 112 218 112 103 213 112 217 218 205 102
		Needlework (Kaps for Kids)		2:00 Parkinson's Support 2:00 Billiards Plus 2:00 Latin & Ballroom Dance	216 102 112	2:00 Drama Club	112	2:00 Billiards Plus	
				2:10 Advanced Conversational French	201				

MONDAY 9	TUESDAY 10		WEDNESDAY 11		THURSDAY 12		FRIDAY 13	
Closed Due to County Holiday	8:10 Intermediate Tai Chi * 9:00 Billiards 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 Exercise w/Rina 10 to 2 Genealogy Library Open 10:30 Walking Club 11:00 Piano Club Noon LUNCH 12:30 Quilters Club 12:30 Art w/ Gloria 1:00 Chicago Bridge 1:00 French for Fun 1:00 Mah Jongg 1:00 Table Tennis 1:00 Tat, Smock, Crochet & Needlework (Kaps for Kids)	103 112 203 218 213 217 205	8:10 Advanced Tai Chi * 9:00 Billiards 9:00 Exercise w /Laura & Judy 9 to Noon Woodcarving *** 9:30 Walking Club	112	8:10 Beginning Tai Chi * 9:00 Billiards 9:00 Beginner Bridge Lab 9:15 Exercise for Men w/Rina 9:30 Strength Training	112 102 217 112 205 216 112 214 112 103 213 112 218 216 205 217 112	9:00 Art Group 9:00 Billiards 9:00 Indpt. Porcelain Painters 9:00 Exercise w/ Laura & Judy 10:00 Computer Tech Support 10:00 Exercise w/Gloria 10:00 to 2:00 FASTRAN Trip: Thrift Shop Shopping ** 11:00 Exercise w/Carla 11:00 Scrabble Group Noon LUNCH 1:00 Mah Jongg 1:00 Party Bridge 1:00 Table Tennis 2:00 Billiards Plus	109 102 109 112 215 112 112 213 103 217 218 205 102

MONDAY 16		TUESDAY 17		WEDNESDAY 18		THURSDAY 19	FRIDAY 20	
9:00 Billiards 9:00 Ceramics w/Chuck 9:00 Exercise w/Carla 9:30 Walking Club 10:00 Sanctioned Bridge 10:00 V.I.P. Group 10:00 Jazzercize Lite 10:30 Blood Pressure 10:30 Piano Group 11:00 Low Impact Exercise Noon LUNCH 12:30 Nutritionist 12:30 Pinochle 1:00 Alexandria Memories 1:00 VIP Discussion Group 1:00 Spanish 2 1:00 Welcome Wagon w/ Kay 2:00 Spanish, Basic 2:00 Billiards Plus	103 112 109 205	8:10 Intermediate Tai Chi * 9:00 Billiards 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 Exercise w/Rina 10 to 12:30 Genealogy Library Open 10:00 Touch Toys 10:30 Walking Club Noon LUNCH 12:30 Quilters Club 12:30 Art w/ Gloria 1:00 Genealogy Club Meeting 1:00 Chicago Bridge 1:00 French for Fun 1:00 Mah Jongg 1:00 Table Tennis 1:00 Tat, Smock, Crochet &	103 216 203 112	8:10 Advanced Tai Chi * 9:00 Billiards 9:00 Exercise w/ Laura & Judy 9 to Noon Woodcarving *** 9:30 Walking Club 9:30 Antique Club 9:30 Shuffleboard**** 10:00 Exercise w/Gloria 10:00 Genealogy Virginia RIG 10:00 V.I.P. Group 10:30 Low Impact Exercise 10:30 Exercise w/Carla 11:30 Pot Luck: Bring a Dish to Share and Lunch\$Donation 12:30 Duplicate Bridge 1:00 Stroke Support 1:00 Learn to Play Chess	202 205	8:10 Beginning Tai Chi * 9:00 Billiards 9:00 Beginner Bridge Lab 9:00 HHSC Garden Club 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 Exercise w/Rina 10 to 2 Genealogy Library Open 10:00 Model Railroad Club 10:30 Walking Club 11:00 Jazzercise Lite Noon LUNCH 12:30 Pinochle	9:00 Art Group 9:00 Billiards 9:00 Indpt. Porcelain Painters 9:00 Exercise w/ Laura & Judy 10:00 Computer Tech Support 10:00 Exercise w/Gloria 10:00 Photo Club 10:00 Sudoku 10:00 to 2:00 FASTRAN Trip ** 11:00 Exercise w/Carla 11:00 Scrabble Group Noon LUNCH 1:00 Mah Jongg 1:00 Party Bridge	109 102 109 112 215 112 217 218 112 103 213 217 218 205 216 102

MONDAY 23	TUESDAY 24		WEDNESDAY 25		THURSDAY 26		FRIDAY 27	
10:00 V.I.P. Group 103 10:00 Jazzercize Lite 112 10:00 Military History 217 10:30 Piano Club 205	9:30 Strength Training 10:00 Exercise w/Rina 10 to 2 Genealogy Library Open 10:30 Walking Club 11:00 Opera Appreciation Noon LUNCH 12:30 Quilters Club 12:30 Art w/ Gloria 1:00 Chicago Bridge 1:00 French for Fun 1:00 Mah Jongg 1:00 Table Tennis	103 112 203 218 213 217	9:00 Billiards 9:00 Exercise w/ Laura & Judy 9 to Noon Woodcarving *** 9:30 Walking Club 9:30 MV House & Garden 9:30 Shuffleboard**** 10:00 Canasta 10:00 Exercise w/Gloria 10:00 V.I.P. Group 10:45 Low Impact Exercise 11:00 Exercise w/Carla Noon LUNCH 12:30 Duplicate Bridge 12:45 BUNCO	112	8:10 Beginning Tai Chi * 9:00 Billiards 9:00 Beginner Bridge Lab 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 American History BASIX 10:00 Exercise w/Rina 10:00 Blood Pressure 10 to 2 Genealogy Library Open 10:00 MV Genealogical Society 10:30 Walking Club 11:00 Jazzercise Lite Noon LUNCH 12:30 Pinochle 12:30 Line Dance 12:30 Duplicate Bridge 1:00 Chorus 2:00 Drama Club	112 103 214	10:00 Poetry Appreciation 10:00 Exercise w/Gloria 10:00 to 2:00 FASTRAN Trip ** 11:00 Exercise w/Carla 11:00 Scrabble Group Noon LUNCH 1:00 Mah Jongg 1:00 Party Bridge 1:00 Table Tennis 2:00 Billiards Plus	109 102 109 112 218 201 112 112 213 103 217 218 205 102

MONDAY 30	TUESDAY 31					
10:00 AARP Board Meeting 21 10:30 Piano Club 20 11:00 Low Impact Exercise 11 Noon LUNCH 10 12:30 Pinochle 21 1:00 VIP Discussion Group 10 1:00 Spanish 2 21 2:00 Spanish, Basic 21	9:00 Billiards 9:15 Exercise for Men w/Rina 9:30 Strength Training 10:00 Exercise w/Rina 10 to 2 Genealogy Library Open 112 10:30 Walking Club 113 Noon LUNCH 112:30 Quilters Club 112:30 Art w/ Gloria 11:00 Chicago Bridge 11:00 French for Fun 11:00 Mah Jongg 11:00 Table Tennis	112 102 112 205 112 214 103 216 203 218 213 217 205 201	Italian Club At 10 a.m. At Paul Spring Retirement Community	* Tai Chi – This is a yearly course, sign up in March ** FASTRAN Trips – (RR) Pre sign-up in the Office *** Woodworking Shop unavailable 9:00 to Noon during Woodcarving Class **** Shuffleboard, Weather Permitting	PLEASE NOTE CHECK CLUB & CLASS TIMES AS SOME HAVE CHANGED	